

MUM'S PROGRAMME

A unique personal development programme for mum's caring for a son or daughter with a disability and / or life-limiting condition.

WHAT IS IT'S ALL ABOUT ME?

Through the 7 week programme, women will come together with other carers once a week for 2/2.5hours, in an informal environment. They will get to meet new people, make friends, develop contacts, share life experiences, develop new skills, have some fun, and most importantly, have some 'Me' time away from their often demanding caring responsibilities.

WHAT WILL HAPPEN?

Weekly workshop sessions will assist the women involved to look at past and present skills and experiences and consider where each may like to develop. Developing confidence, improving coping mechanisms, building self-esteem, reducing stress, developing new self-care skills, futures planning and finding ways to have more 'Me' Time are just some of the themes which run throughout the programme.

KEY BENEFITS OF "IT'S ALL ABOUT ME"

- A chance for mums to come together and network with other mums caring for a child with a disability and / or life-limiting condition in a similar role
- Attainment of an ILM Development Award presented at a special Carers Celebration Event
- On-going support through regular structured 'Me' Time" activities once the It's All About Me Programme ends.



**Southern Trust
Dungannon**

**Mum's
Programme
7 X 2.5 hr sessions
10am – 12.30pm**

**NEXT PROG
STARTS:
26th September 2019**

**Willowbank
Community
Resource Centre**

**FOR MORE INFO
PLEASE CONTACT:**

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